

transmitting the training program to the portable sound playback device.

5. (ONCE AMENDED) Method according to claim 4, further comprising the step of:

influencing the individual training program provided in the form of a music compilation in the sound playback device dependent on the detected values of the body's inherent parameters.

6. (ONCE AMENDED) Method according to claim 1, wherein the verbal training information is outputted simultaneously with other output of the sound playback device or the other output of the sound playback device is interrupted during the output of the verbal training information.

7. (TWICE AMENDED) Portable training device for optimizing a training comprising:

a sound playback device;

a microprocessor;

a detector that detects parameters inherent to the body of a user, said detector being connected with the microprocessor for data communication; and

a converter controlled by the microprocessor and connected to the sound playback device for converting detected values of said parameters into verbal training information for the user and for outputting the information by the sound playback device.

10. (ONCE AMENDED) Portable device according to claim 7, wherein the detector comprises at least one of a pulsimeter, a pulsoxymeter, a chronometer, a timer and a pedometer.

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12. (TWICE AMENDED) Portable device according to claim 7, wherein the sound playback device is a MP3 player, a disc player, a DAT device, or a MiniDisc device.

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13. (ONCE AMENDED) Portable device according to claim 7, further comprising a connector that connects the portable device with a base station.

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15. (ONCE AMENDED) Portable device according to claim 13, wherein the sound playback device is adapted to reproduce an individual training program in the form of a music compilation transmitted from the base station.

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21. (TWICE AMENDED) Training system for optimizing a training comprising:
a sound playback device;
a microprocessor;
a detector that detects parameters inherent to the body of a user, said detector being connected with the microprocessor for data communication;
a converter controlled by the microprocessor and connected to the sound playback device for converting the detected values of said parameters into verbal training information for the user and for outputting the information by the sound playback device; and
a base station.

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23. A system for regulating physical activity of a user comprising:
a sound playback device;
a detector that detects parameters inherent to the user's body;

a converter that converts data corresponding to the detected parameters inherent to the user's body into information output by the sound playback device;

the detector being connected to the converter for communicating the data corresponding to the detected parameters inherent to the user's body to the converter; and

the converter being connected to the sound playback device for informing the user about the user's present physical condition.

24. The system of claim 23 further comprising a microprocessor for controlling the converter.
25. The system of claim 24 in which the microprocessor has access to a program for controlling output of the sound playback device.
26. The system of claim 25 in which the microprocessor program is responsive to the data corresponding to the detected parameters inherent to the user's body for altering output of the sound playback device.
27. The system of claim 23 in which the converter includes a voice synthesizer for outputting information in a verbal form through the sound playback device.
28. The system of claim 23 in which the detector includes at least one of a pulsimeter and a pulsoxymeter.
29. The system of claim 23 in which the detector includes at least one of a chronometer, a timer, and a pedometer.

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